

The Spirituality of Happiness | Week #07

Healthy Souls | June 24th and 27th

Happy are those who do not follow the advice of the wicked, or take the path that sinners tread, or sit in the seat of scoffers; but their delight is in the law of the Lord, and on his law they meditate day and night.

Psalm 1:1-2

What's the Issue Anyway?

Are we Alert and Aware when it comes to the reality of our souls?

Your soul is the _____ thing about you. —Dallas Willard

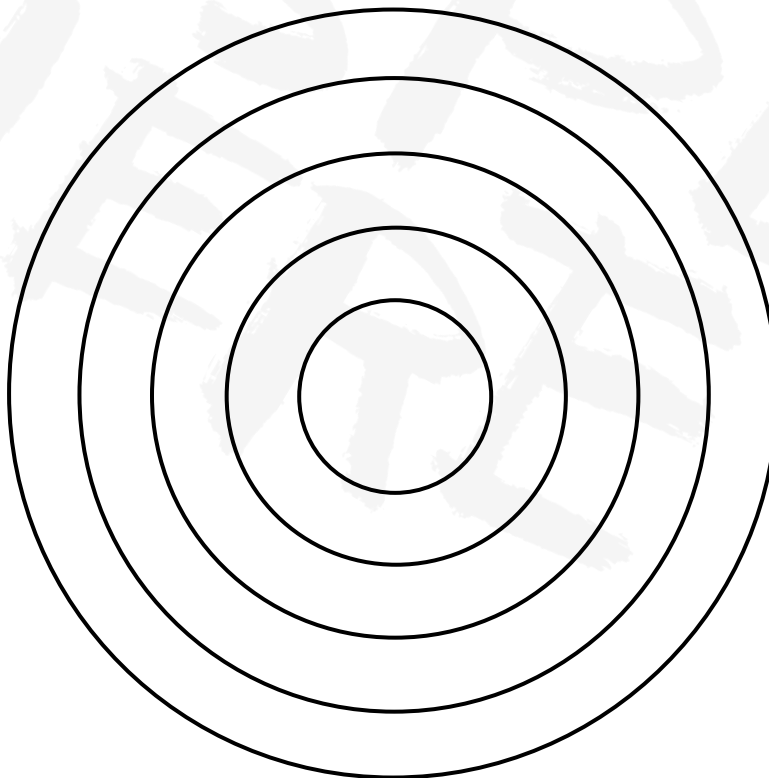
Evaluate Yourself: When it comes to my soul I am Alert and Aware X _____

The word "soul" is a _____ word.

What wisdom does Scripture offer?

Love the Lord your God with all your heart and with all your soul and with all your strength and with all your mind; Love your neighbor as yourself. Luke 10:27

The 5 Elements of a Human Being



Matthew 16:26

What is _____ our _____ at any given moment is our soul.

The Problem: The soul can get _____. (James 1:8)

Sin is either doing those things that are _____ to my life or others' or not doing those things that are _____ to my life or others'.

We all have two me's: The me that _____ see and the me that I _____ see.

When we get our _____ world healthy, we can deal with the _____ world in a healthy way. (Matthew 5:8)

5 Symptoms of a Sick Soul:

1. We have difficulty _____.
2. We feel constantly _____ to people or circumstances.
3. We lack _____.
4. We are easily _____ our game.
5. We find our identity in _____.

How to have a healthy soul in my normal, everyday peacemaking life:

Mark 4:3-8—The Parable of the Souls

1. Get _____. Key action: _____
 - Consciously say “Yes” to those God-nudges to love others.
 - (Your ideas...)
2. Go _____. Key action: _____
 - Finish the Summer Growth Journey (it's not too late to start)
 - Keep listening and probing when you hear a new idea about God or the Christian life
 - Initiate a conversation
 - Join a group
3. _____. Key action: _____
 - Savor those strawberry moments